



# CRISP KITCHEN

## Nutritions & Allergen Info

MENU ITEM/ INGREDIENT	serving size (oz)	calories	total fat (g)	saturate d fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
<b>CRISP SIGNATURE SALADS</b>												
CRISP GREEK	32	756	53	17	0	54	883	36	9	12	18.5	dairy
CK CREOLE	32	835	48	13	0	124	1046	29	9	10.5	28	shellfish, dairy
CRISP CAESAR	32	458	31	11.5	0	52.5	965	25.5	8	0	11.5	egg, dairy
CRISP COBB	32	771	60	12.85	0	265.5	1124	18	13	8.5	38.5	dairy, egg, pork
CRISP VEGAN	32	485	19	3.8	0	0	973	43.5	7.8	17	8	
CK ITALIAN	32	542	29	16	0	68	845	32.25	7.8	8.5	32	dairy
<b>CRISP SIGNATURE STIR FRY</b>												
SPICY SHRIMP	26	595	9	5	0	185	1090	56	4	7	31	shellfish, wheat
FIERY GARLIC SRIRACHA	26	530	23	4.5	0	50	1564	79	4.25	9	31	wheat

COCONUT CURRY	26	437	16.75	11	0	0	889	52	5	10	10	soy, wheat
PLUM HOISIN	26	635	19	9	0	58	1376	58	7.5	18	32	soy, wheat
SWEET & SPICY MANGO	26	712	26	7	0	62	1385	62	10	13	33	wheat
MENU ITEM/ INGREDIENT	serving size (oz)	calories	total fat (g)	saturate d fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
<b>CREATE YOUR OWN SALADS</b>												
ARUGULA	2	10	0	0	0	0	5	2		0	1	
BABY SPINACH	2	10	0	0	0	0	25	2	1	0	1	
FRESH EGG WHITE NOODLES	3	135	5	0	0	0	105	20	3	0	3	wheat
BABY KALE	2	20	0	0	0	0	25	6	2	0	2	
ARCADIA MIX	2	10	0	0	0	0	5	2	2	0	1	
ROMAINE	2	15	0	0	0	0	7	3	2	1	1	
MENU ITEM/ INGREDIENT	serving size (oz)	calories	total fat (g)	saturate d fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
<b>CREATE YOUR OWN SALAD</b>												
BREADED CHICKEN	2	135	2	2	0	32	332	0	0	0	6.5	egg, wheat
ANTIBIOTIC FREE BEEF	2.5	175	5	8	0	595	545	0	0	0	23	
ANTIBIOTIC FREE CHICKEN	2.5	175	12.5	2	0	50	160	0	0	0	18	

ROASTED NON-GMO TOFU	2.5	53	4	0	0	0	280	3	0	0	5	soy
SUSTAINABLE SHRIMP	2.5	86	0	0	0	155	955	4	0	0	16	shellfish
BACON	1	150	12	4	0	30	490	0	0	0	11	pork
EGG, HARD BOILED	1.5	70	5	2	0	165	57	0	0	0	6.5	
<b>MENU ITEM/ INGREDIENT</b>	<b>-serving size (oz)</b>	<b>calories</b>	<b>total fat (g)</b>	<b>saturate d fat (g)</b>	<b>trans fat (g)</b>	<b>cholesterol (mg)</b>	<b>sodium (mg)</b>	<b>total carbs (g)</b>	<b>dietary fiber (g)</b>	<b>sugars (g)</b>	<b>protein (g)</b>	<b>allergens/notes</b>
<b>CREATE YOUR OWN SALADS</b>												
BEAN SPROUTS	2	16	0	0	0	0	0	4	2	2	2	
BELL PEPPERS	2.5	13	0	0	0	0	0	2	1	2	0	
CARROTS	2	20	0	0	0	0	40	6	3	2	2	
CHARRED CORN	1.5	50	5	1	0	0	0	11	1	4	2	
CHICK PEAS	2	90	0	0	0	80	15	6	4	3	5	
CUCUMBERS	1.5	9		0	0	0	0	1	0	1	0	
EDAMAME	2	78	2	0	0	0	20	5	4	1	6	
GRAPE TOMATOES	2	10	0	0	0	0	0	3	1	2	1	
KALAMATA OLIVES	2	168	14	0	0	0	630	8	0	0	0	
PURPLE CABBAGE	2	14	0	0	0	0	10	4	2	2	0	
RED BEANS	2	70	0	0	0	0	2	12	6	0	6	

RED ONIONS	2	20	0	0	0	0	0	6	2	2	0	
ROASTED BEETS	1	252	0	0	0	0	30	3	1	3	0	
SCALLIONS	1	10	0	0	0	0	0	2	1	1	1	
ROASTED BROCCOLI	2	20	0	0	0	0	50	2	2	1	1	
YELLOW ONION	2	28	0	0	0	0	0	7	2	1	0	
WATER CHESTNUTS	2	54	0	0	0	0	8	14	2	2	0	
APPLES	1.5	23	0	0	0	0	0	7	2	5	0	
AROMATIC QUINOA	2	68	2	0	0	0	26	12	2	0	2	
AVOCADO	2.5	120	9	10	0	0	5	7	4	0	1	
ROASTED BRUSSEL SPROUTS	2	30	0	0	0	0	50	5	2	2	2	
SWEET POTATO	2	42	0	0	0	0	96	128	3	3	0	
PINEAPPLE	2	30	0	0	0	0	0	8	0	6	0	
STRAWBERRY	2	25	0	0	0	0	0	5	1	3	0	
<b>MENU ITEM/ INGREDIENT</b>	<b>-serving size (oz)</b>	<b>calories</b>	<b>total fat (g)</b>	<b>saturate d fat (g)</b>	<b>trans fat (g)</b>	<b>cholesterol (mg)</b>	<b>sodium (mg)</b>	<b>total carbs (g)</b>	<b>dietary fiber (g)</b>	<b>sugars (g)</b>	<b>protein (g)</b>	<b>allergens/notes</b>
<b>CREATE YOUR OWN SALADS</b>												
SEASONED CROUTONS	1.5	85	1	0	0	0	285	16	2	0	2	wheat
PARMESAN CRISPS	1	50	3	2	0	10	150	0	0	0	6	dairy

SESAME STICKS	0.5	120	11	1	0	13	345	13	1	0	3	wheat
SUNFLOWER SEEDS	0.5	81	7	1	0	0	98	3	1.5	0	3	Possible exposure to processing
ROASTED CASHEWS	1	164	14	2.4	0	0	4	8	1	1	5	tree nut
<b>MENU ITEM/ INGREDIENT</b>	<b>-serving size (oz)</b>	<b>calories</b>	<b>total fat (g)</b>	<b>saturate d fat (g)</b>	<b>trans fat (g)</b>	<b>cholesterol (mg)</b>	<b>sodium (mg)</b>	<b>total carbs (g)</b>	<b>dietary fiber (g)</b>	<b>sugars (g)</b>	<b>protein (g)</b>	<b>allergens/notes</b>
<b>CREATE YOUR OWN SALAD</b>												
PARMESAN	1.5	150	12	8	0	38	510	0	0	0	11	dairy
BLUE CHEESE	1.5	155	14	9	0	38	580	0	2	0	10	dairy
FETA CHEESE	2	120	8	6	0	22	630	3	0	0	10	dairy
FRESH MOZZARELLA	1.5	105	7	5	0	23	45	2	0	2	8	dairy
CHEVRE (GOATS CHEESE)	1.5	151	12	9	0	33	224	1.5	0	1.5	9	dairy
<b>MENU ITEM/ INGREDIENT</b>	<b>-serving size (oz)</b>	<b>calories</b>	<b>total fat (g)</b>	<b>saturate d fat (g)</b>	<b>trans fat (g)</b>	<b>cholesterol (mg)</b>	<b>sodium (mg)</b>	<b>total carbs (g)</b>	<b>dietary fiber (g)</b>	<b>sugars (g)</b>	<b>protein (g)</b>	<b>allergens/notes</b>
<b>DRESSINGS</b>												
CLASSIC CAESAR DRESSING	2	350	36	10	0	50	160	4	0	0	6	egg, dairy
GRAPEFRUIT GINGER VINAIGRETTE	2	160	14	2	0	0	680	4	0	10	2	
GREEN GODDESS DRESSING	2	160	16	6	0	20	300	2	0	2	1	dairy
LEMON BUTTERMILK DRESSING	2	180	18	3	0	20	440	2	0	8	1	dairy

LEMON SQUEEZE	1	8	0	0	0	0	0	2	0	1	0	
RED WINE VINEGARETTE	2	185	22	2	0	0	293	3	0	3	0	
PARMESAN DRESSING	2	340	34	7	0	40	150	3	0	0	6	dairy
ROSEMARY HONEY-DIJON	2	210	18	3	0	10	380	13	1	12	0	
CHIPOTLE RANCH DRESSING	2	110	9	2	0	20	360	4	0	2	2	dairy
WHITE BALSAMIC VINAIGRETTE	2	280	30	2	0	0	110	6	0	6	0	
MENU ITEM/ INGREDIENT	serving size (oz)	calories	total fat (g)	saturate d fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
<b>STIR FRY CYO</b>												
FRESH EGG WHITE NOODLES	5	300	8	0	0	0	680	45	0	0	10	Wheat
RICE NOODLES	5	200	6	0	0	0	575	30	2	0	3	
BASMATI RICE	5	181	1	0	0	0	195	39	2	0	5	
BABY SPINACH	2	10	0	0	0	0	25	2	1	0	1	
QUINOA	5	229	4	0	0	0	312	42	4	0	8	
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<b>STIR FRY CYO</b>												
CAGE-FREE EGG	2	72	5	2	0	195	70	1	0	0	6.5	

ANTIBIOTIC FREE BEEF	2.5	175	5	8	0	595	545	0	0	0	23	
NATURALLY RASIED PORK	2.5	175	12	4	0	625	530	0	0	0	18	pork
ANTIBIOTIC FREE CHICKEN	2.5	175	13	1.5	0	52	165	0	0	0	18	
SUSTAINABLE SHRIMP	2.5	88	0	0	0	150	845	3	0	0	15	shellfish
ROASTED NON-GMO TOFU	2.5	63	4	0	0	0	280	3	0	0	5	soy
<b>MENU ITEM/ INGREDIENT</b>	<b>-serving size (oz)</b>	<b>calories</b>	<b>total fat (g)</b>	<b>saturate d fat (g)</b>	<b>trans fat (g)</b>	<b>cholesterol (mg)</b>	<b>sodium (mg)</b>	<b>total carbs (g)</b>	<b>dietary fiber (g)</b>	<b>sugars (g)</b>	<b>protein (g)</b>	<b>allergens/notes</b>
<b>STIR FRY CYO</b>												
BABY SPINACH	2	10	0	0	0	0	25	2	1	0	1	
BEAN SPROUTS	3	30	0	0	0	0	0	6	3	3	3	
BELL PEPPERS	2.5	13	0	0	0	0	0	3	0	3	0	
BOK CHOY	3	9	0	0	0	0	30	3	3	0	0	
CARROTS	2	20	0	0	0	0	45	6	2	2	0	
CHARRED CORN	1	70	3	1	0	0	20	11	1	6	1	
EDAMAME	2	90	2	0	0	0	20	6	4	0	6	
GREEN BEANS	1	10	0	0	0	0	0	2	1	1	1	
JALAPEÑOS	0.5	5	0	0	0	0	0	1	0.5	0.5	0	
KALE	2	20	0	0	0	0	25	6	2	0	2	

MANGO	3	36	0	0	0	0	2	10	2	8	0	
PINEAPPLE	2	30	0	0	0	0	0	8	0	6	0	
RED ONIONS	2	20	0	0	0	0	0	6	2	2	0	
SNOW PEAS	2	24	0	0	0	0	2	4	2	2	2	
ROASTED BROCCOLI	2	20	1	0	0	0	110	2	2	2	2	
SUGAR SNAP PEAS	1	10	0	0	0	0	0	2	1	1	1	
YELLOW ONION	2	28	0	0	0	0	0	7	2	1	0	
SCALLIONS	1	10	0	0	0	0	0	2	1	1	1	
ROASTED MUSHROOMS	2	20	1	0	0	0	100	2	2	2	2	
<b>MENU ITEM/ INGREDIENT</b>	<b>-serving size (oz)</b>	<b>calories</b>	<b>total fat (g)</b>	<b>saturate d fat (g)</b>	<b>trans fat (g)</b>	<b>cholesterol (mg)</b>	<b>sodium (mg)</b>	<b>total carbs (g)</b>	<b>dietary fiber (g)</b>	<b>sugars (g)</b>	<b>protein (g)</b>	<b>allergens/notes</b>
<b>STIR FRY CYO</b>												
CILANTRO	0.5	2	0	0	0	0	4	1	1	0	0	
FRIED GARLIC	0.5	10	1	0	0	0	0	1	0	0	0	
SCALLIONS	1	10	0	0	0	0	0	2	1	1	1	
SESAME SEEDS	0.5	80	8	1	0	0	5	4	3	0	3	
THAI BASIL	0.5	2	0	0	0	0	4	1	1	0	0	
SUNFLOWER SEEDS	0.5	81	7	1	0	0	98	3	1.5	0	3	



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<b>STIR FRY CYO</b>												
SPICY SHRIMP	2	130	4	0	0	87	225	4	0	4	8	Shellfish
FIERY GARLIC SRIRACHI	2	120	4	0	0	0	1280	24	0	0	2	wheat
COCONUT CURRY	2	120	9	8	0	0	840	6	0	4	4	
PLUM HOISIN	2	200	0	0	0	0	1240	40	0	36	0	soy
SWEET & SPICY MANGO	2	85	0	0	0	0	284	12	0	13	0	
ORANGE GINGER	26	712	26	7	0	62	1385	62	10	13	33	Soy, Wheat, No MSG
SESAME GARLIC	26	610	27	5	0	55	1120	57	12	8	39	Soy, Wheat, Sesame
MENU ITEM/ INGREDIENT	serving size (oz)	calories	total fat (g)	saturate d fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens
<b>Rice Bowls</b>												
Fajita	26	625	17	3	0	125	1435	78	19	10	38	
General Crisp Chicken	26	1576	87	16	0	245	1876	118	6	58	67	Soy, Wheat, Sesame
Chicken Tikka Masala	26	689	32	4	0	156	533	65	3	9	33	
Vegetable Tikka Masala	26	468	18	9	0	5	482	80	9	12	19	
Curry Chicken	26	754	22	9	0	144	434	80	5	8	56	
Curry Vegetable	26	723	17	4	0	0	434	112	10	8	19	

Naan Bread	1 loaf	230	4.5	1	0	0	370	40	1	3	8	Soy, Wheat, Sesame
<b>MENU ITEM/ INGREDIENT</b>	-serving size (oz)	calories	total fat (g)	saturate d fat (g)	trans fat (g)	cholester ol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens & notes
<b>Crisp Chicken Sandwiches</b>												
Crisp Chicken	4	484	13	3	0	50	1093	42	4	7	25	Wheat, Soy
Deluxe Chicken	4	619	32	9	0	88	1397	53	8	8	34	Wheat, Soy, Dairy
Spicy Chicken	4	619	32	9	0	88	1497	53	8	8	34	Wheat, Soy, Dairy
<b>MENU ITEM/ INGREDIENT</b>	-serving size (oz)	calories	total fat (g)	saturate d fat (g)	trans fat (g)	cholester ol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens & notes
<b>Waffle Fries</b>												
Waffle Fries	8	144	8	2	0	0	360	19	2	11	2	Wheat, Soy
Sour Cream/Onion Waffle Fries	8	194	8	2	0	0	490	22	2	16	2	Wheat, Soy, Dairy
<b>MENU ITEM/ INGREDIENT</b>	-serving size (oz)	calories	total fat (g)	saturate d fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens
<b>MILKSHAKES</b>												
Base	16	670	32	21	1	130	380	84	0	82	13	dairy
Dark Vanilla	16	18	0	0	0	0	8	10	0	7	0	dairy
Chocolate	16	28	3	2	0	0	18	22	1	24	1	dairy

Strawberry	16	22	0	0	0	0	14	0	0	12	0	dairy
Whipped Cream	7	15	2	1	0	5	0	1	0	2	1	dairy
MENU ITEM/ INGREDIENT	serving size (oz)	calories	total fat (g)	saturate d fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens & notes
<b>HONEST TEAS</b>												
Honey Green	16.9	70	0	0	0	0	15	19	0	19	0	
Peach	16.9	100	0	0	0	0	15	25	0	25	0	
Half/Half	16.9	100	0	0	0	0	15	25	0	25	0	
MENU ITEM/ INGREDIENT	serving size (oz)	calories	total fat (g)	saturate d fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
<b>NEW HOPE BEVERAGES</b>												
COLA	8	140	0	0	0	0	15	35	0	35	0	
SKINNY COLA	8	0	0	0	0	0	15	0	0	0	0	
BLACKBERRY LEMONADE	8	90	0	0	0	0	20	23	0	17	0	
UNSWEETENED TEA	8	2	0	0	0	0	7	0.5	0	0	0	
BLACK CHERRY	8	120	0	0	0	0	25	28	0	30	0	
STRAWBERRY LEMONADE	8	90	0	0	0	0	20	23	0	17	0	
MANGO ORANGE	8	120	0	0	0	0	15	30	0	29	0	



